

Health and Wellness Committee

Lompoc Unified School District

Minutes – Wednesday, March 29, 2006

In attendance: Kathy Bertelsen, Wellness Committee Chair; Steve McDowell, Lompoc Valley Community Health Organization; Sandi Jefferson, District Nutrition Specialist; Melissa Zebley, District and Site PTA Representative; Robin Madden, Crestview School; Melinda Burford, LUSD School Nurse; Charlotte Barnard, LUSD School Nurse; Lynne Dixon, LUSD School Nurse; Kay Eatmon, Lompoc Valley Healthy Kids and retired district employee; Sue Hope, Lompoc High School; Bob Lawrence, Cabrillo High School

Kathy called the meeting to order at 3:30 pm and everyone introduced themselves and their role in the committee. The primary purpose of the meeting was to review the policy draft prior to the full committee meeting on Wednesday, April 5, 2006.

Kathy will make the following changes to the Policy Statement, which will be presented on the 5th.

1. Page 1 – PTA Statement. Kathy asked if we wanted to continue to enlist a statement from the PTA for the Preamble. There was a question about whether the full PTA council and each individual school PTA fully understood the consequences and supported the statement. Melissa Zebley will follow-up and bring the answer to the next meeting.
2. Page 9 – Instead of being specific about the amount of PE required for different grade levels, we will make a general statement that reads “according to the regulations of the California State Board of Education”.
3. Steve McDowell announced that, even if we don’t receive any or all of the Healthy Kids Grant, there is enough money from the LVCHO to pay for SPARK training for 40 K-2 teachers and 40 3-5 teachers (four from each grade level and from each elementary school) the week after school was out. They would also receive \$100 stipend. It was suggested the days be Tuesday and Wednesday to allow for teachers to finish cleaning out their rooms by Monday.
4. Page 10 – Stays as is.
5. Page 11 – delete section
6. We also established the following goals for our committee to be completed by June, 2007:

- To create district and community awareness of the LUSD Wellness Policy with appropriate and regular opportunities to provide input.
- To build a baseline of data and develop a manageable and effective evaluation tool to be used to regularly monitor the policies' success and possible need for revision.

Respectfully submitted by:

Kay Eatmon